

Kansas Tobacco Quitline Promotional Materials Supply Catalog 2016

To order catalog materials, complete the **Quitline Supply Request Form** found on the KDHE Tobacco Use Prevention Program (TUPP) Cessation Resources page: <http://www.kdheks.gov/tobacco/cessation.html>.



Revised May 2016

QUITLINE BROCHURE (ENGLISH)

DOES COUNSELING REALLY WORK?

The Kansas Tobacco Quitline has a high success rate. In a callback survey of more than 800 Quitline participants who provided quit information 7 months after registering with the Quitline, 29% reported being tobacco free for at least the past month.

Keep in mind that most tobacco users practice quitting a few times before they are successful. So if you slip up, try again. Getting help quitting with the Kansas Tobacco Quitline, quit smoking group counseling, nicotine patches or gum, and/or quit smoking medications can greatly increase your chances of success. Take the first step to being tobacco free by contacting the Quitline today.

ONLINE SERVICES

The Kansas Tobacco Quitline offers online cessation counseling by live chat and email. Users also have access to a private online community where they can complete activities, watch videos, and join discussions with others in the program. Web-based services can be used alone or in addition to phone support.

At KQuit.org you can:

- Talk with counselors and real people like you who are quitting
- Prepare for your quit date
- Track success and money saved
- Build and print your quit plan
- Manage stress and avoid weight gain
- Email friends for support

YOU HAVE YOUR REASONS TO QUIT USING TOBACCO.

WE'LL HELP YOU CREATE A PLAN TO QUIT.

KANSAS TOBACCO QUITLINE
KQuit.org
1-800-QUIT-NOW (784-8669)
FREE support, 7 days a week, 24 hours a day*

QUITLINE BROCHURE (SPANISH)

¿ES REALMENTE EFECTIVO EL ASESORAMIENTO TELEFÓNICO?

La línea telefónica gratuita Kansas Tobacco Quitline tiene un alto índice de éxito. Cuatro meses después de completar el consejo de tabaquismo con la Quitline, el 29% de quienes llamaron al servicio informaron que ya no consumían tabaco al menos el último mes.

Tenga en cuenta que la mayoría de los consumidores de tabaco "practican" dejar de fumar algunas veces antes que tener éxito. Por eso, si usted repite intentos de nuevo. Conozca ayuda para dejar el tabaco con la línea telefónica gratuita Kansas Tobacco Quitline, el consejo grupal para dejar de fumar, los parchos o chicles de nicotina, así como medicamentos para dejar de fumar, aumentan mucho las posibilidades de éxito. Dé el primer paso para liberarse del tabaco llamando hoy mismo a la Quitline.

LOS SERVICIOS DE LA LÍNEA TELEFÓNICA GRATUITA "KANSAS TOBACCO QUITLINE" ESTÁN DISPONIBLES EN INGLÉS Y EN ESPAÑOL. Y SE DISPONE DE TRADUCCIÓN PARA TODOS LOS DEMÁS IDIOMAS.

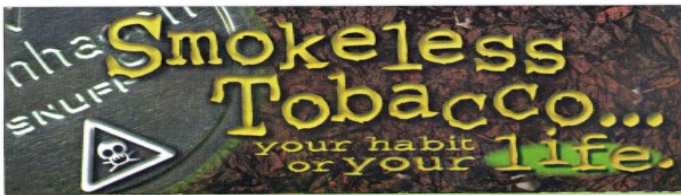
SE DISPONE DE SERVICIOS DE TELEFONÍA DE TEXTO (TTY) PARA PERSONAS CON DIFICULTADES AUDITIVAS. 1-800-735-2989

PARA OBTENER MÁS INFORMACIÓN SOBRE LOS SERVICIOS Y RECURSOS DE LA QUITLINE VISITE: WWW.KANSASGOVTBACCOQUITLINE.ORG

USTED TIENE SUS RAZONES PARA DEJAR DE CONSUMIR TABACO. NOSOTROS LE AYUDAREMOS A CREAR UN PLAN PARA DEJARLO.

Dejémos de Fumar
KANSAS TOBACCO QUITLINE
1-800-784-8669
Los 7 días de la semana, 24 horas por día

SMOKELESS TOBACCO BROCHURE (ENGLISH)



LIVING SMOKE-FREE FOR YOU & BABY BROCHURE (ENGLISH)

Living Smoke-free for You and Your Baby

LIVING SMOKE-FREE FOR YOU & BABY BROCHURE (SPANISH)

Living Smoke-free for You and Your Baby

QUITLINE BUSINESS CARDS (ENGLISH)



QUITLINE BUSINESS CARDS (SPANISH)



QUITLINE BUSINESS CARDS (ENGLISH) With KanCare Tobacco Cessation Benefits

The following stop-smoking medicines* are covered by health plans from Amerigroup, United Healthcare and Sunflower for members in the KanCare (Medicaid) program.

- Nicotine patch
- Nicotine gum
- Nicotine lozenge
- Nicotine nasal spray
- Nicotine inhaler
- Bupropion SR (Zyban)
- Varenicline (Chantix)

A prescription is required for coverage. Talk with your doctor to get a prescription.

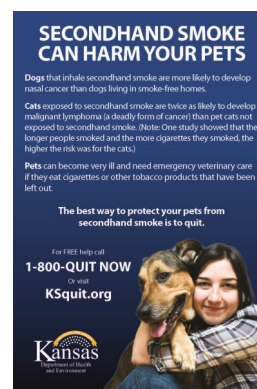
**Some limits apply.*

FREE help to stop smoking is also available by phone, text and online to all Kansans through the Kansas Tobacco Quitline.

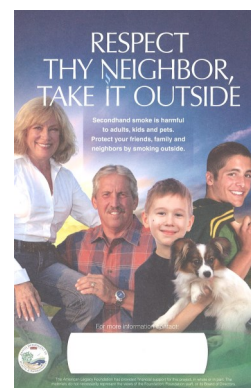
Kansas Tobacco Quitline
1-800-QUITNOW (784-8669)
KSquit.org

- Private, one-on-one support
- Tips to manage cravings
- Workbook, videos and trackers to measure your progress and money saved
- A special program also available for pregnant women.

SHS & PETS DISPLAY TEAR-OFF SHEETS



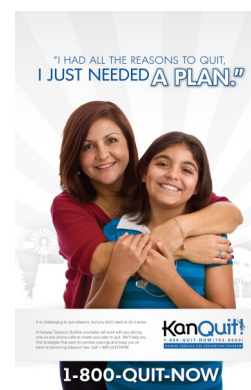
RESPECT THY NEIGHBOR, TAKE IT OUTSIDE POSTER



QUITLINE MONEY POSTER



QUITLINE PLAN POSTER



UNFRIEND TOBACCO POSTER - YOUTH WEBSITE



QUITLINE LOGO STICKER



SUPERHERO TABLE TENT (ENGLISH)



SUPERHERO TABLE TENT (SPANISH)



Quitting smoking is hard, but you don't need to do it alone. A Kansas Tobacco Quitline counselor will work with you to create your plan to quit during free one-on-one phone calls. We'll help you find ways to fight cravings and keep you on track to becoming tobacco free. Call 1-800-QUIT-NOW (784-8669).

KanQuit!
KANSAS TOBACCO QUITLINE

Es difícil dejar de fumar, pero no tiene que hacerlo solo. Un consejero por medio de llamadas telefónicas le ayudará a desarrollar un plan para dejar de fumar. Le ayudaremos a encontrar algunas maneras creativas e inesperadas para vencer. Le daremos apoyo para lograr su meta y dejar de fumar. ¡Llámenos pronto! 1-800-784-8669

Dejémos de fumar!
TEL: 784-8669
KANSAS TOBACCO QUITLINE